

Reunion Stress

Whether you are a single or a married soldier, a single-parent soldier, a spouse, or a child, you will face certain stressors associated with reunion. Below are some of the normal stressors you may face, along with some hints to help you adjust to the changes in your life.

Stressors

- Emotional letdown
- Restlessness or sleeplessness
- No one understands what I have been through.
- Was my spouse faithful?
- Did my spouse miss me?
- My friends seem different.
- I didn't expect things to change.
- Other people's concerns seem petty.
- I feel like a stranger at home.
- How will the children react?
- Will the role I have filled change?
- Were my children treated well by their guardian?
- Can I make up for lost time?
- Did I handle things the right way?
- When will things feel normal again?
- I am concerned about finances.
- I am concerned about future deployments.
- The children appear confused and uncertain.

Helpful Hints

- Accept that things may be different.
- Talk about your experiences.
- Go slowly—don't try to make up for lost time.
- Spend quality time with your children.
- Reassure your children. Change often frightens them.
- Curb your desire to take control or to spend money.
- Accept that your partner may be different.
- Intimate relationships may be awkward at first.
- Take time to get reacquainted.
- Forget your fantasies. Reality may be quite different.
- Take time to readjust.
- Communicate with your partner and your family.